

Jill Patterson, RDN

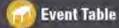
Have you ever
wondered about
certain ingredients or
how to shop to reduce
the amount of salt in
your meals or were
you recently
diagnosed with
a condition
requiring a change
to your meal plan?

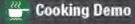
Let the Living Well Eating Smart Team help!

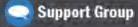
If you are
interested to
learn more about how
Jill Patterson can help
you and your family,
contact her directly at:

JillPattersonRDN @gmail.com (413) 504-4198









Nutrition Events at Big Y®

Jill Patterson is a registered dietitian available in a handful of Big Y locations in Connecticut to provide workshops and supermarket tours to community groups for **FREE**.

CONNECTICUT SCHEDULE DECEMBER 2018

December 6 Healthy Holiday Treats

11:30 AM – 1:30 PM Plainville Big Y 275 New Britain Ave.

Stop by for fun and festive treat ideas to prepare for your next holiday gathering. Try samples, pick up holiday tip sheets and chat with the dietitian!

December 13

De-Stress During

the Holidays

2:45 - 4:45 PM

North Haven Big Y

345 Washington Ave.

Stop by our info table, learn

wellness tips for managing stress

and de-stress with a warm sample

of tea!

December 6 Building Better Meals

2:45 – 4:45 PM Rocky Hill Big Y 1040 Elm St.

Learn nutrition-approved tips for building better meals that look appetizing, taste great and keep you feeling full.

December 13 De-Stress During the Holidays

11:30 AM – 1:30 PM Meriden Big Y 533 South Broad St.

Stop by our info table, learn wellness tips for managing stress and de-stress with a warm sample of tea!



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December 19 Healthy Holiday Treats

10:30 AM – 12:30 PM Naugatuck Big Y 85 Bridge St.

Stop by for fun and festive treat ideas to prepare for your next holiday gathering. Try samples, pick up holiday tip sheets and chat with the dietitian!

December 19

Treats
2:00 – 4:00 PM
Cheshire Big Y
1021 South Main St.

Healthy Holiday

Stop by for fun and festive treat ideas to prepare for your next holiday gathering. Try samples, pick up holiday tip sheets and chat with the dietitian!









Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.